SUMMARY

Introduction:

Health is defined as “a state of complete physical, mental and social wellbeing and not merely an absence of disease or infirmity”. It sets out the standard, the standard of “positive” health. It symbolizes the aspirations of people and represents an overall objective or goal towards which nations should strive. While seeing the health of adolescents, adolescents are nation’s future. Adolescence is a period during which tremendous physical, mental and emotional changes occur. Adolescence is between 10 and 19 years. Many girls in developing countries are giving birth to a child at a very early age. Early pregnancy along with anaemia poses serious health problems to women especially to teenage girls. Thus, it is not surprising that the teenage girls face on average twice the risk of dying from pregnancy or childbirth than women aged 20 - 34 years old. In most regions of the world, Adolescents lack reliable reproductive health information and the basic knowledge to make responsible choices regarding their reproductive behaviour. Even in many industrialized nations sex education is inadequate. This prevailing condition contributes to high rates of teen pregnancy and STDs. So adolescents need to be informed about reproductive health issues in a friendly way in order to lead a healthy and happy life.

Review of Related Literature:

One of the most important initial steps in a research is conducting the literature review. A literature review is a means of demonstrating a researcher’s knowledge about a particular field of study, including vocabulary, theories, key variables and phenomena, and its methods and history. Conducting a literature review also informs the researcher of the influential researchers and research groups in the field. Literature reviews use secondary sources, and do not report new or original experimental work. The main aim of the present study is to assess the counselling needs of undergraduate girl students on Reproductive Health issues in Madurai. Many relevant and useful resources have been published recently on the subject of adolescent reproductive health issues. Hence an attempt is made in this chapter to give
a brief account of literature related to various aspects Reproductive Health status of Adolescent Girls under the following headings:

2. Studies on Awareness on Reproductive Health Issues of Adolescent Girls
3. Studies on Pre-Marital counselling needs of adolescent girls on Reproductive Health issues
4. Studies on importance of knowledge on Reproductive Health issues.

The review is confined to attitude and knowledge towards girl’s personal hygiene, menstruation, reproductive technology, infertility, abortion and AIDS. It also reviews literature about the need for reproductive health education and counseling.

Research Methodology:

i. Title: “A Sociological Study on the Counselling Needs of Undergraduate Girl Students on Reproductive Health Issues in Madurai”

ii. Main Objectives:

1. To assess the socio-economic profile of undergraduate girl students in the college.
2. To find out the awareness level of the reproductive health issues among undergraduate girl students.
3. To know the pre-marital counselling needs of the study population.
4. To impart knowledge on reproductive health issues among study population.

iii. Variables:

Based on the comprehensive study of literature related to the theme of study and discussions with experts, researchers, the variables were identified. The comments and suggestions given by them were incorporated duly and the tool was modified.

iv. Research Design: Descriptive design was used for the study.
v. Research Approach:

vi. Selection of sample:

Sample size was taken as 12.1% of 1030 final UG Girls from Sri Meenakshi Government Arts College for Women, 15.6% of 800 final UG Girls from SVN Co-Education College of Arts & Science, 43% of 290 final UG Girls from Sourashtra College of Arts & Science for Women and 50% of final UG Girls from Yadava Co-Education College of Arts & Science were selected by using purpose stratified random sampling method. According to the strength of final UG Girls the importance was given for equal coverage from total and 500 samples were derived as study units by the Researcher.
Focus Group discussions in small groups were arranged with undergraduate girl students. The discussions were centred around various health issues and their knowledge on Reproductive health and Reproductive health services. The researcher also held personal interviews with adolescent girls especially with married girl students to acquire more information about their personal and deep seated reproductive health problems which are likely to be inhibited during group discussion.

Further, from the research studies several factors related to Reproductive health issues of adolescent girls were analysed and relevant items concerning to the present study were selected. This helped to develop a list of Common, Chronic and Reproductive health problems and to assess their knowledge on various Reproductive health issues and to identify the counselling needs on Reproductive health services.

The information collected through various sources was analyzed and about 50 items concerning reproductive issues were pooled by the Investigator. Care was taken to make each items simple and direct. Repetitions of terms, ambiguous words and irrelevant items were eliminated.

Reproductive health issues were classified into four dimensions such as Socio-economic status of the respondents, Personal hygiene of the respondents, Physical maturity of the respondents, Knowledge on Reproductive health issues and Need for Reproductive health education. This list of questions was given to adolescent girls, parents, educationists, physicians and gynaecologists for expert opinion. Some of the items were checked and certain terminologies were changed.

From the discussions, the researcher came to know about their knowledge and perceptions towards reproductive health issues and the need for health education. As the list was not an ordered one amenable for analysis, the researcher rearranged the
components, with no additions or deletions. The final form of Questionnaire Schedule on Awareness and Counselling needs on Reproductive Health issues of Adolescent Girls (QSRHAG) consisted of IX questions.

vii. Tools used for the study:

Questionnaire, Focus Group Discussion, Case Study and Observation methods were used as tools for data collection.

Findings:

Majority (65.2%) of the respondents do not aware of the term ‘reproductive health’. 84% of arts students and 77.6% science students are not aware of STD symptoms. But most of them (90.4% arts & 95.2% science) students are having awareness on HIV. Among 96 respondents who have irregular menstrual cycle, 58.3% of them do not take any treatment for their problems. Majority (72.6%) of the respondents discuss about reproductive health issues with their friends. There is a significant (p=0.016) relationship between educational qualification of mother and need for reproductive health education of the respondents. It is also observed that respondents have very low awareness on family planning methods and fertile & infertile period of the menstrual cycle. They (54.4% respondents) also do not have knowledge on the impact of infertility. It is evident from the study that majority (73.31%) of the respondents were not sufficiently taught about reproductive health.

Conclusion

Adolescent health in India is still in an infant stage and at risk of infanticide. Adolescent have found it very difficult to voice their needs especially reproductive and health needs because sex is a taboo subject. Parents and teachers should be trained about reproductive health because they themselves unaware about Reproductive Health and their role in improving adolescent health. So that they can shape the adolescent health by providing nutritional counselling, reproductive and sex education, life – skill education etc. Finally, If we want to deliver a good services to our adolescent, then we have to overcome some obstacles such as traditional society, cultural restrictions - especially for girls. Only government action can put these hindrances aside.